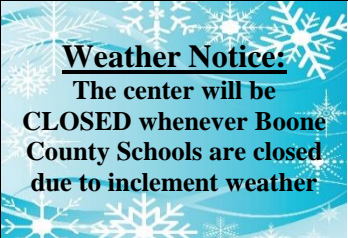






Adding Life To Your Years

<p>Skees Senior Activity Center 7431 U.S. 42 Florence, KY</p> <p>Center Manager Christine Miskell CMiskell@myy.org</p> <p>Assistant Mgr. Jeannie Hoffman JHoffman@myy.org</p> <p>Phone: (859) 282-4061</p> <p>Building & Fitness Room Monday - Friday 8:30a - 2:30p</p> <p>Meals on Wheels \$1 Donation Call the center 48 hrs in advance to reserve meal. Lunch arrives 11:30</p>	Monday	Tuesday	Wednesday	Thursday	Friday
		1) 9:15 – Silver Sneaker Yoga 10:30- Canasta 10:30 –Silver Sneaker Classic 11:45- Beginner Line Dance 12:15- Regular Line Dance	2) 9:00 –Bridge Class 10:45 Gentle Mat Yoga 12:30- Bingo	3) 9:30- Tai Chi Arthritis 10:30 – Canasta & Cards 12- Silver Sneaker Classic 1:00 – Chair Volleyball	4) No Mah-Jong Today 9:00 Private Sewing Group 9:30 –Dance Fit 12:30- BINGO 6:30 pm 
	7) 9:00- Mah-Jong 12:30- Art Lessons	8) 9:15 – Silver Sneaker Yoga 10:30- Canasta 10:30 –Silver Sneaker Classic 11:45- Beginner Line Dance 12:15- Regular Line Dance	9) 9:00 – Bridge Class 10:45- Gentle Mat Yoga 12:30- Bingo	10) 9:30- Tai Chi Arthritis 10:30 – Canasta & Cards 12- Silver Sneaker Classic 1:00 – Chair Volleyball	11) 9:00- Mah-Jong 9:30 –Dance Fit 12:30- BINGO
	13) Sunday Daylight Savings 	14) 9:00 Mah-Jong 12:30 Art Lessons	15) 9:15 – Silver Sneaker Yoga 10:30- Canasta 10:30 –Silver Sneaker Classic 11:45- Beginner Line Dance 12:15- Regular Line Dance	16) 9:00 Bridge Class 10:45-Gentle Mat Yoga 12:00-Nutrition Ed with Diane Mason 12:30- Bingo	17) 9:30- Tai Chi Arthritis 10:30 – Canasta & Cards 12- Silver Sneaker Classic 1:00 – Chair Volleyball
	21) Commodities 9:00- Mah-Jong 12:30- Art Lessons	22) 9:15 – Silver Sneaker Yoga 10:30- Canasta 10:30 –Silver Sneaker Classic 11:45- Beginner Line Dance 12:15- Regular Line Dance	23)9:00 – Bridge Class 10:45-Gentle Mat Yoga 11:00- Discovering Your Family  Tree with BCPL-Holly H 12:30- Bingo	24) 9:30- Tai Chi Arthritis 10:30 – Canasta & Cards 12- Silver Sneaker Classic 1:00 – Chair Volleyball	25) 9:00- Mah-Jong 9:30 –Dance Fit 12:30- BINGO
	28) 9:00- Mah-Jong 12:30- Art Lessons	29) Florence Library's Spring Health Fair 10-2 Stop in to support our centers 9:15 – Silver Sneaker Yoga 10:30- Canasta 10:30 –Silver Sneaker Classic 11:45- Beginner Line Dance 12:15- Regular Line Dance	30) 9:00 – Bridge Lessons 10:45-Gentle Mat Yoga 12:30- Bingo	31) 9:30- Tai Chi Arthritis 10:30 – Canasta & Cards 12- Silver Sneaker Classic 1:00 – Chair Volleyball	Sock Hop Saturday 3pm April 30th Tickets Now On Sale \$20 

Note: Please call only 1 day in advance to reserve a spot for exercise classes. If needed, bring your own drink and snack for the day.

There is hand sanitizer and wipes throughout the center for your use. Please do your part by sanitizing any equipment / tables / chairs that you use during your visit. Please remember to wash / sanitize your hands often. Thank you for your help by providing a safe environment.